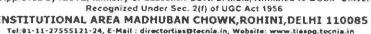


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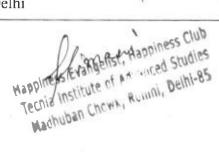




Outreach Activity Report: "From Me to We: Collective Joy through Love and Belonging"

Title of Activity	Community Happiness Through Love & Belongingness
Values	Well-being, Compassion, Community Gratitude
Learning Outcomes	 Participants reported increased awareness of happiness techniques and showed interest in applying these methods in their daily lives. Develop skills for empathy, active listening, and emotional regulation to better relate to others and build supportive relationships. Encourage participants to reflect on their own emotional well-being and how it contributes to collective joy.
Objectives	 To increase understanding of mental wellbeing and happiness practices. To involve community members in interactive activities that promote happiness. To encourage participants to understand the importance of community bonds and collective happiness. To educate individuals about how emotional connections and love can foster a stronger, more inclusive community.
Organized by	Happiness Club
Program Theme	Enhancing emotional intelligence through love and empathy
External Expert / Internal Expert	Internal Expert
Date	27 th Feb 2024
Time	11:00 AM Onwards
Venue	Nangli Poona, Delhi

Conrdinator
Internal Quality Assessment Cell (IQAC) Tecnia Institute (_______ Studies New Doing i 10085







HAPPINESS CLUB

Organizing
OUTREACH ACTIVITY

From Me to We:
Collective Joy through
Love and Belonging



27, Tuesday February, 2024



11:00 AM

Venue: Nangli Poona, Delhi

Modal Officer

Ms. Himani Chaudhary

Happiness Club

Student Goordinators

Bhoomika Jain : 8356017413 Bharat : 8595779938

Social media link (promoting in any one Facebook/Instagram/Twitter is mandatory)

NA

No. of Students* (only no. to be written, list in excel or word should be maintain at department level as proof for any further requirement)

20

No. of Faculty* (only no. to be written, list in excel or word should be maintain at department level as proof for any further requirement)

01

No. of External Participants (students + faculty) [write NA if not applicable]

NA

Photograph*

Poster/Flyer/Notice*



Building Bonds, Spreading Joy: From Individuals to a Stronger Collective

Coordinator
Internal Quality Assessment Cell (IQAC)
Tecnia Institute or a mined Studies
New Delini-110085

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Madhuban Chown, and Tally Deihi-85



Together We Thrive: Celebrating the Power of Love, Unity, and Belonging

Report: Description in (min 250 to max 800 words)*

This report details the outreach event "Pathways to Joy: A Community Happiness" conducted by the Happiness Club on Feb 27, 2024. The event aimed to promote Community happiness is often rooted in the feelings of love, belonging, and connection among its members. Fostering love and belongingness can significantly enhance the emotional well-being, social cohesion, and overall happiness of individuals within a community. The "Community Happiness Through Love & Belongingness" outreach activity was designed to strengthen the bonds within the community by encouraging compassion, shared values, mutual respect, and collective engagement in positive social practices. This initiative focused on promoting mental well-being, social inclusiveness, and emotional resilience. a healthier, more united contributing to community.

The outreach activity, "From Me to We: Collective Joy through Love and Belonging," was initiated by the Happiness Club to foster a sense of unity, joy, and belonging within the community. It aimed to create a space for individuals to experience and practice the values of love, empathy, and social connection, essential components of personal and collective well-being.

A four-hour interactive sesion designed to teach

Coordinator Internal Quality Access

Tecnia Institute | miced !
New Demin 110085 inced Studies participants about the science of happiness and

Technology Church, his init, Delhi-

Internal Quarty Assessment Cell (IQAC)
Tecnia Institute and Studies
New County 1:10085

	S. No.	Enrolment No	Name
of Participation	1	00117001723	Mehak Sharma
	2	00217001723	Navya Vashisht
	3	00317001723	Om Sahni
	4	00417001723	Aditya Kaushik
	5	00517001723	Khushi Luthra
	6	06717001723	Anmol Malhotra
	7	06817001723	Raghav Nagpal
	8	06917001723	Bhavyaa Kapoor
	9	07017001723	Simran Chawla
	10	00121301723	Pushkar Aneja
	11	00221301723	Karan Kapoor
	12	00321301723	Eshaan Bhojwani
	13	00421301723	Hitesh Gupta
	14	00521301723	Sujal Sharma
	15	00621301723	Tathastu Arora
	16	00721301723	Pranay
	17	00821301723	Kaya Rai
	18	00921301723	Rakshit Dagar
	19	01021301723	Vansh Arora
	20	00121301723	Pushkar Aneja



Mappiness Evangelist, Hanniness Club Techia Institute of Advanced Studies Madhuban Chowk, Romai, Delri-35